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TIME

THE MINDFUL REVOLUTION

The science of finding focus in a
stressed-out, multitasking culture

BY KATE PICKERT

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REPORT THIS AD

by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Press](#)© | 09 June 2023 |

The Mindful Revolution

[Jon Kabat-Zinn](#) is considered to be the founder of the mindfulness movement in the United States. In 1979, he developed an eight-week mindfulness-based stress reduction ([MBSR](#)) program at the University of Massachusetts Medical Center. MBSR is a secular adaptation of traditional Buddhist meditation techniques that are designed to help people reduce stress, anxiety, and pain.

During my rehabilitation/recovery, I was introduced to Jon Kabat-Zinn via articles in [Tricycle magazine](#) in the early '90's/90s. Jon sent our facility some of his books and other items to assist us in our embracing Mindfulness. I also had some correspondence from Thich Nhat Hahn which was so full of love and compassion.

Kabat-Zinn's work has been influential in the development of mindfulness-based interventions for a variety of conditions, including chronic pain, depression, anxiety, and addiction. **Mindfulness-based interventions are effective in reducing symptoms and improving quality of life.**

In addition to his work at the University of Massachusetts Medical Center, Kabat-Zinn has also founded the Center for Mindfulness in Medicine, Health Care, and Society. The Center is a leading research and education institution that promotes the use of mindfulness-based interventions in a variety of settings.

Kabat-Zinn's work has helped to make mindfulness a mainstream practice in the United States. Mindfulness is now widely used in healthcare, education, and business settings. It is also becoming increasingly popular as a way to improve

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- **Thich Nhat Hanh**: A Vietnamese Buddhist monk, peace activist, and author. Hanh is a leading proponent of mindfulness and has written extensively on the topic.
- **Jack Kornfield**: An American psychologist and teacher of Buddhist meditation. Kornfield is a co-founder of the Insight Meditation Society in Barre, Massachusetts.
- **Sharon Salzberg**: An American author and teacher of Buddhist meditation. Salzberg is a co-founder of the Insight Meditation Society and the author of several books on mindfulness.
- **Daniel Goleman**: An American psychologist and science journalist. Goleman is the author of the best-selling book “Emotional Intelligence,” which popularized the concept of mindfulness in the business world.

The mindfulness movement has proven to be a growing trend in the United States. Mindfulness-based interventions are being used to treat a variety of conditions and to improve personal well-being. The movement is likely to continue to grow in the years to come.





<https://content.time.com/time/subscriber/article/0,33009,2163560,00.html>

The mindfulness movement internationally is difficult to trace to a single individual or group. However, there are a few key figures who have played a significant role in its development.

Thich Nhat Hanh is a Vietnamese Buddhist monk, peace activist, and author. He

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Jack Kornfield and **Sharon Salzberg** are two American psychologists and teachers of Buddhist meditation. They are co-founders of the Insight Meditation Society in Barre, Massachusetts. Kornfield and Salzberg have written extensively on mindfulness and have taught mindfulness-based programs around the world.

These are just a few of the key figures who have played a significant role in the development of the mindfulness movement internationally.

Mindfulness is a practice that has been around for centuries, but it has only been in recent decades that it has gained widespread attention and acceptance. The work of these individuals has helped to make mindfulness a more accessible and mainstream practice, and it has the potential to improve the lives of millions of people around the world.

Here are some other key figures who have contributed to the mindfulness movement internationally:

- **Daniel Goleman**: An American psychologist and science journalist. Goleman is the author of the best-selling book “Emotional Intelligence,” which popularized the concept of mindfulness in the business world.
- **Mark Williams and Danny Penman**: British psychologists who developed the Mindfulness-Based Cognitive Therapy (MBCT) program. MBCT is a type of therapy that combines mindfulness with cognitive-behavioral therapy.
- **Christopher Germer and Kristin Neff**: American psychologists who developed the Mindful Self-Compassion (MSC) program. MSC is a type of therapy that teaches participants how to be kind and compassionate towards themselves.

The mindfulness movement is a global movement that is growing rapidly.

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The tenets of mindfulness are the principles that underlie the practice of mindfulness. They include:

- **Present moment awareness:** Mindfulness is the practice of paying attention to the present moment, without judgment. This means being aware of our thoughts, feelings, sensations, and environment, without getting caught up in them.
- **Non-judgment:** Mindfulness is about accepting our thoughts and feelings, without judging them as good or bad. This can be difficult, but it is important to remember that our thoughts and feelings are just passing events, and they do not define us.
- **Patience:** Mindfulness is a practice that takes time and patience. We will not always be mindful and that is okay. The important thing is to keep

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limitations, and of the limitations of others.

- **Openness:** Mindfulness is about being open to new experiences, and to new ways of thinking. This means being willing to let go of our old beliefs and assumptions, and to be open to new possibilities.

These are just some of the tenets of mindfulness. The practice of mindfulness can help us to live more present, compassionate, and fulfilling lives.

Tenet#1 Present Moment Awareness:

Introduction

Present moment awareness is the practice of paying attention to the present moment, without judgment. It is a way of being in a world that is open, curious, and accepting. When we are present, we are not lost in the past or worrying about the future. We are simply here, experiencing the present moment as it unfolds.

Benefits of Present Moment Awareness

There are many benefits to practicing present-moment awareness. Some of these benefits include:

- **Reduced stress and anxiety:** When we are present, we are not caught up in our thoughts and worries about the past or future. This can help to reduce stress and anxiety.
- **Improved focus and concentration:** When we are present, we are able to focus our attention on the task at hand. This can help us to improve our focus and concentration.
- **Increased self-awareness:** When we are present, we are able to observe

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our relationships.

- **Greater well-being:** When we are present, we are able to appreciate the present moment and live more fully. This can lead to greater well-being.

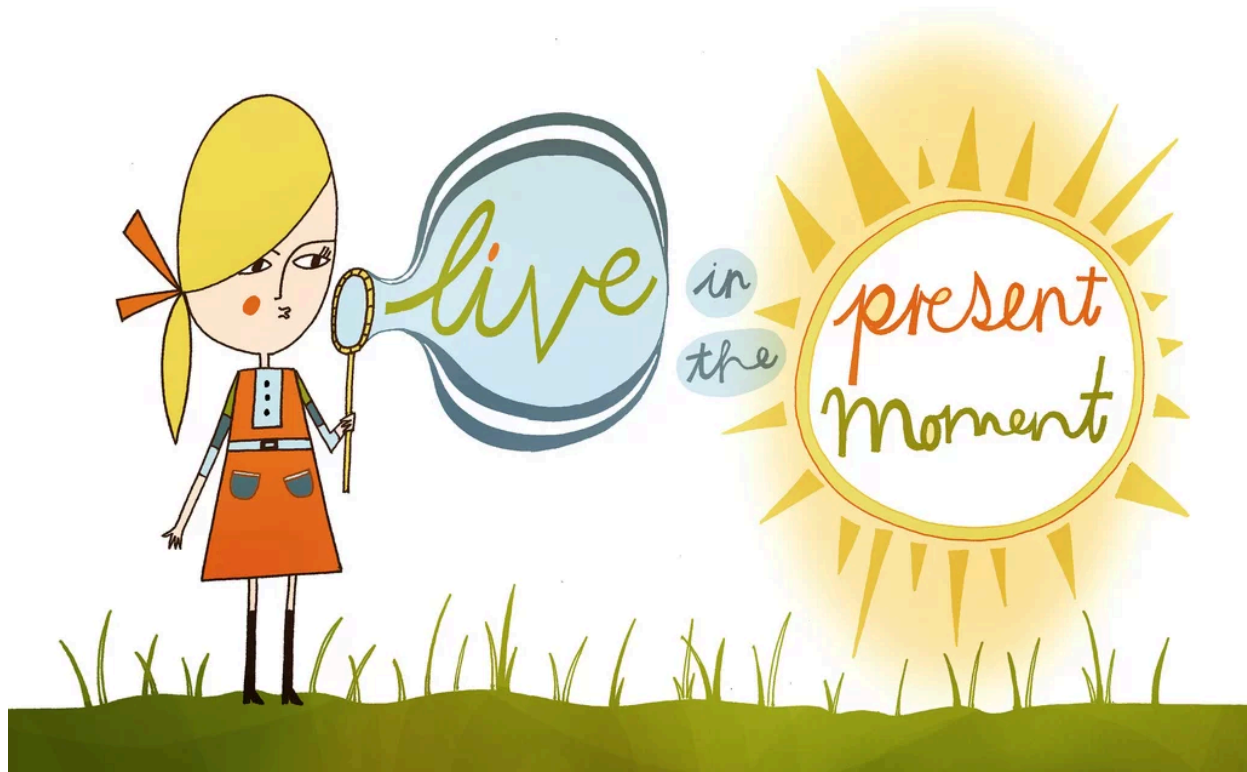
How to Practice Present Moment Awareness

There are many ways to practice present moment awareness. Some of these ways include:

- **Meditation:** Meditation is a formal practice of sitting quietly and focusing your attention on the present moment. There are many different types of meditation, so you can find one that works for you.
- **Mindfulness exercises:** Mindfulness exercises are informal practices that help you to bring your attention to the present moment. Some examples of mindfulness exercises include mindful eating, mindful walking, and mindful breathing.
- **Yoga:** Yoga is a mind-body practice that can help you to connect with your body and your breath. Yoga can also help you to develop a more present-centered awareness.

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Conclusion

Present moment awareness is a powerful practice that can help us to reduce stress and anxiety, improve our focus and concentration, increase our self-awareness, improve our relationships, and live a more fulfilling life. If you are interested in learning more about present-moment awareness, there are many resources available online and in libraries. You can also find present-moment awareness classes and workshops in your community.

Here are some additional tips for practicing present-moment awareness:

- **Start small:** Don't try to be mindful all day long. Start by practicing mindfulness for a few minutes each day. As you get more comfortable with the practice, you can gradually increase the amount of time you spend



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and you will eventually get better at it.

- **Be kind to yourself:** When you notice that your mind has wandered, don't judge yourself. Just gently bring your attention back to the present moment.

Present-moment awareness is a lifelong practice. The more you practice, the better you will become at it. And the better you become at it, the more you will benefit from it.

4 examples of mindfulness exercises:

1. **Mindful Breathing:** This is a simple but powerful exercise that can help you to bring your attention to the present moment. To practice mindful breathing, simply sit in a comfortable position and close your eyes. Focus your attention on your breath as it enters and leaves your body. Notice the rising and falling of your chest and stomach. Don't try to change your breath in any way, just observe it. If your mind wanders, gently bring it back to your breath.
2. **Mindful Walking:** This is another simple but effective mindfulness exercise. To practice mindful walking, simply walk slowly and deliberately. Pay attention to the sensations of your feet touching the ground. Notice the feeling of the air on your skin and the sound of your footsteps. Don't try to change anything, just observe your experience as you walk.
3. **Mindful Eating:** This is a great way to savor your food and appreciate the simple pleasures in life. To practice mindful eating, simply sit down at a table and take a moment to appreciate your food. Notice the colors, shapes, and textures of your food. Then, take a small bite and chew slowly. Pay attention to the taste, smell, and texture of your food. Don't rush through your meal, just enjoy it.
4. **Body Scan:** This is a great way to become more aware of your body and its

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slowly move your attention up your body, one body part at a time. Continue until you reach the top of your head. Don't try to change anything, just observe your experience. (see diagram under Resources below)

These are just a few examples of mindfulness exercises. There are many other exercises that you can try. The most important thing is to find an exercise that works for you and to practice regularly. With regular practice, you will start to develop a more mindful awareness of your thoughts, feelings, and sensations. This can lead to several benefits, including reduced stress and anxiety, improved focus and concentration, and increased self-awareness.

Tenet#2 How to practice mindfulness non-judgment:

Introduction

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of being in a world that is open, curious, and accepting. When we are mindful, we are not lost in the past or worrying about the future. We are simply here, experiencing the present moment as it unfolds.

Non-judgment is an important part of mindfulness. When we judge our thoughts, feelings, and sensations, we create distance between ourselves and our experience. We start to see our thoughts and feelings as something to be controlled or eliminated, rather than simply observed. This can lead to a lot of stress and anxiety.

Benefits of Mindfulness Non-judgment



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- **Reduced stress and anxiety:** When we are mindful and non-judgmental, we are able to let go of our attachment to our thoughts and feelings. This can help to reduce stress and anxiety.
- **Improved focus and concentration:** When we are mindful and non-judgmental, we are able to focus our attention on the present moment. This can help to improve our focus and concentration.
- **Increased self-awareness:** When we are mindful and non-judgmental, we are able to observe our thoughts, feelings, and sensations without judgment. This can help us to increase our self-awareness.
- **Improved relationships:** When we are mindful and non-judgmental, we are able to listen more attentively and communicate more effectively. This can help us to improve our relationships.
- **Greater well-being:** When we are mindful and non-judgmental, we are able to appreciate the present moment and live more fully. This can lead to greater well-being.

How to Practice Mindfulness Non-judgment

There are many ways to practice mindfulness non-judgment. Some of these ways include:

- **Meditation:** Meditation is a formal practice of sitting quietly and focusing your attention on the present moment. There are many different types of meditation, so you can find one that works for you.
- **Mindfulness exercises:** Mindfulness exercises are informal practices that help you to bring your attention to the present moment. Some examples of mindfulness exercises include mindful eating, mindful walking, and mindful breathing.



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Conclusion

Mindfulness and non-judgment is a powerful practices that can help us to reduce stress and anxiety, improve our focus and concentration, increase our self-awareness, improve our relationships, and live a more fulfilling life. If you are interested in learning more about mindfulness non-judgment, there are many resources available online and in libraries. You can also find mindfulness non-judgment classes and workshops in your community.

Mindfulness and non-judgment is a lifelong practices. The more you practice, the better you will become at it. And the better you become at it, the more you will benefit from it.

Here are some additional tips for practicing mindfulness non-judgment:

- **Use a mantra:** A mantra is a simple word or phrase that you repeat to yourself as you practice mindfulness. This can help you to focus your

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simply bring your attention back to your breath. **You can learn more on breath by googling Pranayama Methods.**

- **Be compassionate:** When you notice that you are judging yourself or others, try to be compassionate. Remind yourself that everyone is doing the best they can. **Mindfulness compassion always begins with ourselves first.**

Mindfulness non-judgment is a powerful practice that can help you to live a more peaceful and fulfilling life. If you are willing to put in the time and effort, you will be rewarded with many benefits.

6 Pranayama techniques:

1. **Dirgha Pranayama (Three Part Breath):** This is a simple and effective pranayama technique that can be practiced by anyone. To do Dirgha Pranayama, sit in a comfortable position with your spine straight. Close your eyes and take a deep breath in through your nose, filling your lungs completely. Hold your breath for a few seconds, then exhale slowly through your mouth. Repeat this process for 5-10 minutes.
2. **Nadi Shodhana Pranayama (Alternate Nostril Breathing):** This is a more advanced pranayama technique that can help to balance the energy in the body. To do Nadi Shodhana Pranayama, sit in a comfortable position with your spine straight. Close your right nostril with your right thumb and inhale through your left nostril. Close your left nostril with your ring finger and exhale through your right nostril. Continue this process for 5-10 minutes, alternating nostrils with each breath.
3. **Kapal Bhati Pranayama (Skull Shining Breath):** This is a powerful pranayama technique that can help to cleanse the body and mind. To do Kapal Bhati Pranayama, sit in a comfortable position with your spine straight. Close your eyes and place your hands on your stomach. Inhale

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4. **Bhastrika Pranayama (Bellows Breath):** This is a vigorous pranayama technique that can help to improve circulation and respiratory function. To do Bhastrika Pranayama, sit in a comfortable position with your spine straight. Close your eyes and place your hands on your stomach. Inhale and exhale rapidly through your nose, contracting your stomach muscles. Continue this process for 10-15 breaths.
5. **Ujjayi Pranayama (Victorious Breath):** This is a calming pranayama technique that can help to reduce stress and anxiety. To do Ujjayi Pranayama, sit in a comfortable position with your spine straight. Close your eyes and place your hands on your throat. Inhale and exhale through your nose, constricting your throat slightly. This will create a hissing sound as you breathe. Continue this process for 5-10 minutes.
6. **Bhramari Pranayama (Humming Bee Breath):** This is a relaxing pranayama technique that can help to improve sleep. To do Bhramari Pranayama, sit in a comfortable position with your spine straight. Close your eyes and place your hands on your ears. Inhale through your nose and exhale slowly through your nose, making a humming sound like a bee. Continue this process for 5-10 minutes.



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These are just a few of the many available pranayama techniques. If you are new to pranayama, it is important to start slowly and gradually increase the amount of time you spend practicing. It is also important to consult with a qualified yoga instructor or other healthcare professional before starting any new pranayama practice.



Below you find further elucidations upon all listed examples of Mindful

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Introduction

Mindful walking is a type of meditation that involves paying attention to the present moment while walking. It is a simple but powerful practice that can help to reduce stress, improve focus, and increase self-awareness.

Benefits of Mindful Walking

Mindful walking has many benefits, including:

- **Reduced stress:** Mindful walking can help to reduce stress by bringing your attention to the present moment and away from your worries and concerns.
- **Improved focus:** Mindful walking can help to improve focus by teaching you to concentrate on the present moment and to let go of distractions.
- **Increased self-awareness:** Mindful walking can help to increase self-awareness by teaching you to observe your thoughts, feelings, and sensations without judgment.

How to Practice Mindful Walking

To practice mindful walking, simply find a quiet place where you can walk without distractions. Start by walking slowly and deliberately, paying attention to the sensations of your feet touching the ground. Notice the feeling of the air on your skin and the sound of your footsteps. Don't try to change anything, just observe your experience as you walk.

If your mind wanders, gently bring it back to the sensations of walking. You may find it helpful to focus on your breath as you walk. Simply notice the rise and fall of your chest as you inhale and exhale.

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Tips for Mindful Walking

Here are a few tips for mindful walking:

- **Start slowly:** Don't try to walk too fast or too far when you're first starting out. Just focus on walking slowly and deliberately.
- **Be patient:** It takes time and practice to develop the skill of mindful walking. Don't get discouraged if you don't get it right away. Just keep practicing and you will eventually get better at it.
- **Be kind to yourself:** When your mind wanders, don't judge yourself. Just gently bring your attention back to the sensations of walking.



Conclusion

Mindful walking is a simple but powerful practice that can help you to reduce stress, improve focus, and increase self-awareness. If you are looking for a way to improve your mental and physical health, mindful walking is a great option.

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- **Find a comfortable place to walk.** You may want to find a park, a trail, or even just a quiet street.
- **Wear comfortable shoes.** You don't want to be distracted by uncomfortable shoes.
- **Bring water and snacks.** You may get thirsty or hungry while you're walking.
- **Walk at your own pace.** There's no need to rush.
- **Pay attention to your surroundings.** Notice the trees, the flowers, the birds, and anything else that catches your eye.
- **Be present in the moment.** Don't think about the past or the future. Just focus on the present moment.

Mindful walking is a great way to relax and de-stress. It's also a great way to get some exercise and enjoy the outdoors. So get out there and start walking!

Mindful Eating:

Introduction

Mindful eating is the practice of paying attention to the present moment while eating. It is a simple but powerful practice that can help you to enjoy your food more, eat healthier, and lose weight.

Benefits of Mindful Eating

Mindful eating has many benefits, including:

- **Improved enjoyment of food:** When you eat mindfully, you are more likely to savor your food and enjoy the taste, texture, and smell.

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- **Weight loss:** Mindful eating can help you to lose weight and keep it off. When you eat mindfully, you are more likely to eat until you are satisfied and less likely to overeat.
- **Reduced stress:** Mindful eating can help you to reduce stress and anxiety. When you eat mindfully, you are more likely to focus on the present moment and less likely to worry about the past or the future.

How to Practice Mindful Eating

To practice mindful eating, simply find a quiet place where you can eat without distractions. Start by sitting comfortably and taking a few deep breaths. Notice the sensations of your body as you breathe.

Next, take a moment to appreciate your food. Notice the color, shape, and texture of your food. What does it smell like? What does it remind you of?

Now, it's time to eat. Take a small bite and chew slowly. Notice the taste, texture, and smell of your food. Pay attention to how your body feels as you eat. Are you full? Are you satisfied?

If you find yourself getting distracted, simply bring your attention back to your food. You may find it helpful to focus on your breath as you eat. Simply notice the rise and fall of your chest as you inhale and exhale.

Continue eating until you are satisfied. There is no need to clean your plate.

Tips for Mindful Eating

Here are a few tips for mindful eating:

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- **Pay attention to your body:** Notice when you are full and stop eating.
- **Be kind to yourself:** If you make a mistake, don't beat yourself up. Just start again next time.



Conclusion

Mindful eating is a simple but powerful practice that can help you to enjoy your food more, eat healthier, and lose weight. If you are looking for a way to improve your relationship with food, mindful eating is a great place to start.

Here are some additional tips for making the most of your mindful eating practice:

- **Eat at the table:** Avoid eating on the go or in front of the TV.
- **Cook your own meals:** This will give you more control over what goes into your food.
- **Eat with others:** Eating with others can help you to slow down and savor your food.
- **Be present in the moment:** Don't think about the past or the future. Just

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Mindful eating is a great way to relax and de-stress. It's also a great way to improve your health and well-being. So get out there and start eating mindfully!

Tenet #3 Mindfulness Patience:

Introduction

Mindfulness and patience are two important qualities that can help us to live happier and more fulfilling lives. Mindfulness is the practice of paying attention to the present moment without judgment, while patience is the ability to accept that things take time and that we cannot control everything.

Benefits of Mindfulness and Patience

There are many benefits to practicing mindfulness and patience, including:

- **Reduced stress and anxiety:** When we are mindful, we are less likely to get caught up in our thoughts and feelings, which can lead to stress and anxiety.
- **Improved focus and concentration:** When we are patient, we are less likely to get frustrated or give up when things are difficult.
- **Increased self-awareness:** When we are mindful, we become more aware of our thoughts, feelings, and bodily sensations. This can help us to better understand ourselves and our reactions to the world around us.
- **Improved relationships:** When we are patient and mindful, we are more likely to be understanding and compassionate towards others. This can lead to stronger and more fulfilling relationships.

How to Practice Mindfulness and

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- **Meditation:** Meditation is a great way to develop mindfulness and patience. There are many different types of meditation, so you can find one that works for you.
- **Yoga:** Yoga is another great way to develop mindfulness and patience. Yoga poses can help us to focus on the present moment and to be patient with our bodies.
- **Mindful walking:** Mindful walking is a simple way to practice mindfulness and patience. When you walk mindfully, focus on your breath and the sensations of your feet on the ground.
- **Mindful eating:** Mindful eating is another simple way to practice mindfulness and patience. When you eat mindfully, focus on the taste, texture, and smell of your food.
- **Gratitude journaling:** Gratitude journaling is a great way to develop mindfulness and patience. When you write about things you are grateful for, you focus on the positive aspects of your life. This can help you to be more patient with the challenges that you face.



Conclusion

Mindfulness and patience are two important qualities that can help us to live happier and more fulfilling lives. If you are interested in developing these qualities, there are many resources available to help you. With regular practice, you can



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benefit from them.

Tenet#4 Mindfulness Gentleness:

Introduction

Mindfulness and gentleness are two important qualities that can help us to live happier and more fulfilling lives. Mindfulness is the practice of paying attention to the present moment without judgment, while gentleness is the quality of being kind and compassionate.

Benefits of Mindfulness and Gentleness

There are many benefits to practicing mindfulness and gentleness, including:

- **Reduced stress and anxiety:** When we are mindful and gentle, we are less likely to get caught up in our thoughts and feelings, which can lead to stress and anxiety.
- **Improved focus and concentration:** When we are gentle with ourselves, we are more likely to be patient and understanding, which can lead to improved focus and concentration.
- **Increased self-awareness:** When we are mindful, we become more aware of our thoughts, feelings, and bodily sensations. This can help us to better understand ourselves and our reactions to the world around us.
- **Improved relationships:** When we are mindful and gentle with others, we are more likely to be understanding and compassionate, which can lead to stronger and more fulfilling relationships.

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Be soft. Do not let
the world make you hard.
Do not let pain make you
hate. Do not let the
bitterness steal your
sweetness. Take pride
that even though the rest
of the world may
disagree, you still believe
it to be a beautiful place.

Kurt Vonnegut

How to Practice Mindfulness and Gentleness

There are many ways to practice mindfulness and gentleness. Here are a few ideas:

- **Meditation:** Meditation is a great way to develop mindfulness and gentleness. There are many different types of meditation, so you can find one that works for you.
- **Yoga:** Yoga is another great way to develop mindfulness and gentleness. Yoga poses can help us to focus on the present moment and to be gentle with our bodies.
- **Mindful walking:** Mindful walking is a simple way to practice mindfulness and gentleness. When you walk mindfully, focus on your breath and the sensations of your feet on the ground.
- **Mindful eating:** Mindful eating is another simple way to practice

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for, you focus on the positive aspects of your life. This can help you to be more gentle with yourself and others.



Conclusion

Mindfulness and gentleness are two important qualities that can help us to live happier and more fulfilling lives. If you are interested in developing these qualities,

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- **Start small:** Don't try to be mindful and gentle all the time. Start by practicing for short periods of time, such as 5 or 10 minutes.
- **Be patient with yourself:** It takes time and practice to develop these qualities. Don't get discouraged if you don't see results right away.
- **Be kind to yourself:** When you notice that you are not being mindful or gentle, be kind to yourself. Just gently bring your attention back to the present moment.

Mindfulness and gentleness are lifelong journeys. The more you practice, the better you will become at them. And the better you become at them, the more you will benefit from them.

Here are some additional examples of how to practice mindfulness and gentleness in everyday life:

- **When you are feeling stressed or anxious, take a few deep breaths and focus on your breath. Notice the sensations of your breath as it enters and leaves your body.**
- **When you are interacting with others, be mindful of your words and actions. Choose your words carefully and be kind and compassionate in your interactions.**
- **When you are doing something that you enjoy, savor the experience. Pay attention to the sights, sounds, smells, and sensations of the experience.**
- **When you are facing a challenge, be patient with yourself. Don't expect to be perfect. Just do your best and learn from your mistakes.**

Mindfulness and gentleness are two important qualities that can help us to live

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Tenet#5 Mindfulness Openness:

Introduction

Mindfulness and openness are two important qualities that can help us to live happier and more fulfilling lives. Mindfulness is the practice of paying attention to the present moment without judgment, while openness is the willingness to accept new experiences and perspectives.

Benefits of Mindfulness and Openness

There are many benefits to practicing mindfulness and openness, including:

- **Reduced stress and anxiety:** When we are mindful and open, we are less likely to get caught up in our thoughts and feelings, which can lead to stress and anxiety.
- **Improved focus and concentration:** When we are open to new experiences, we are more likely to be interested in the world around us, which can lead to improved focus and concentration.
- **Increased self-awareness:** When we are mindful, we become more aware of our thoughts, feelings, and bodily sensations. This can help us to better understand ourselves and our reactions to the world around us.
- **Improved relationships:** When we are mindful and open with others, we are more likely to be understanding and compassionate, which can lead to stronger and more fulfilling relationships.

How to Practice Mindfulness and Openness

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- **Meditation:** Meditation is a great way to develop mindfulness and openness. There are many different types of meditation, so you can find one that works for you.
- **Yoga:** Yoga is another great way to develop mindfulness and openness. Yoga poses can help us to focus on the present moment and to be open to new experiences.
- **Mindful walking:** Mindful walking is a simple way to practice mindfulness and openness. When you walk mindfully, focus on your breath and the sensations of your feet on the ground.
- **Mindful eating:** Mindful eating is another simple way to practice mindfulness and openness. When you eat mindfully, focus on the taste, texture, and smell of your food.
- **Gratitude journaling:** Gratitude journaling is a great way to develop mindfulness and openness. When you write about things you are grateful for, you focus on the positive aspects of your life. This can help you to be more open to new experiences and perspectives.



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Mindfulness and openness are two important qualities that can help us to live happier and more fulfilling lives. If you are interested in developing these qualities, there are many resources available to help you. With regular practice, you can learn to be more mindful and open in all areas of your life.

Mindfulness and openness are lifelong journeys. The more you practice, the better you will become at them. And the better you become at them, the more you will benefit from them.

Here are some additional examples of how to practice mindfulness and openness in everyday life:

- **When you are feeling stressed or anxious, take a few deep breaths and focus on your breath. Notice the sensations of your breath as it enters and leaves your body.**
- **When you are interacting with others, be mindful of their words and actions. Try to see things from their perspective.**
- **When you are doing something that you enjoy, savor the experience. Pay attention to the sights, sounds, smells, and sensations of the experience.**
- **When you are facing a challenge, be open to new solutions. Don't be afraid to try something new.**

Mindfulness and openness are two important qualities that can help us to live happier and more fulfilling lives. By practicing mindfulness and openness regularly, we can learn to be more present, accepting, and compassionate in all areas of our lives.

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While engaging in any **yoga activities**, **always remember**:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

Always listen to your body and modify poses as needed. Also review on our [website](#), our guidance on using Yoga for mental health purposes.

Resources

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BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

Mindfulness and Meditation Guides

From one of the leading thinkers on Mindfulness-Based Cognitive Therapy, comes a pioneering set of simple practices to dissolve anxiety, stress, exhaustion, and unhappiness.

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Cognitive Therapy, the unique program developed by Williams and his colleagues, the book offers simple and straightforward forms of mindfulness meditation that can be done by anyone — and it can take just 10-20 minutes a day for the full benefits to be revealed.

Listen here:

[01_Meditation_1-Mindfulness_Of_Body_And_Breath_1.mp3](#)

[02 Meditation 2 – The Body Scan 1.mp3](#)

[03 Meditation 3 – Mindful Movement 1.mp3](#)

[04 Meditation 4 – Breath And Body 1.mp3](#)

[05 Meditation 5 – Sounds And Thoughts 1.mp3](#)

[06 Meditation 6 – Exploring Difficulty 1.mp3](#)

[07 Meditation 7 – Befriending 1.mp3](#)

[08 Meditation 8 – The Three Minute Breathing Space.mp3](#)

For more Wellness resources and book recommendations, click [here](#)!

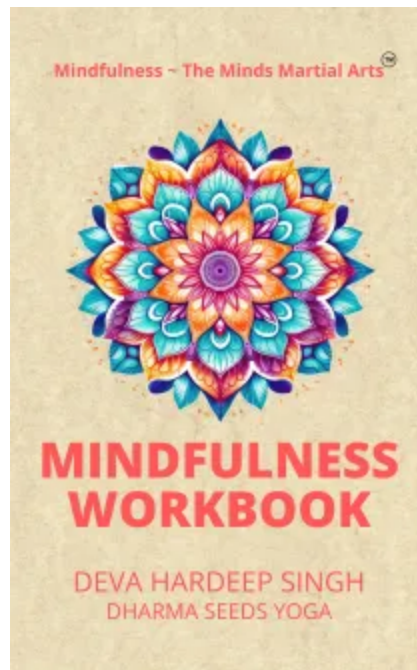
<https://www.penguinrandomhouse.com/mindfulness-meditation-downloads/>

- **[PTSD resources](#)**
- **The National Center for PTSD: <https://www.ptsd.va.gov/>**
- **The Rape, Abuse & Incest National Network (RAINN): <https://www.rainn.org/>**
- **The National Alliance on Mental Illness (NAMI): <https://www.nami.org/>**
- **The American Psychological Association: <https://www.apa.org/>**
- **Prison Yoga Project – 200hr Yoga Teachers Training: <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>**

You can also find a therapist in your area by visiting the Psychology Today therapist

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Coming in July 2023

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

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Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.



Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college.

He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the **Hulu/FX Series Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master

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